BAR HILL NEWS

Brought to you by the Bar Hill Community Association
March 2022 Issue 632

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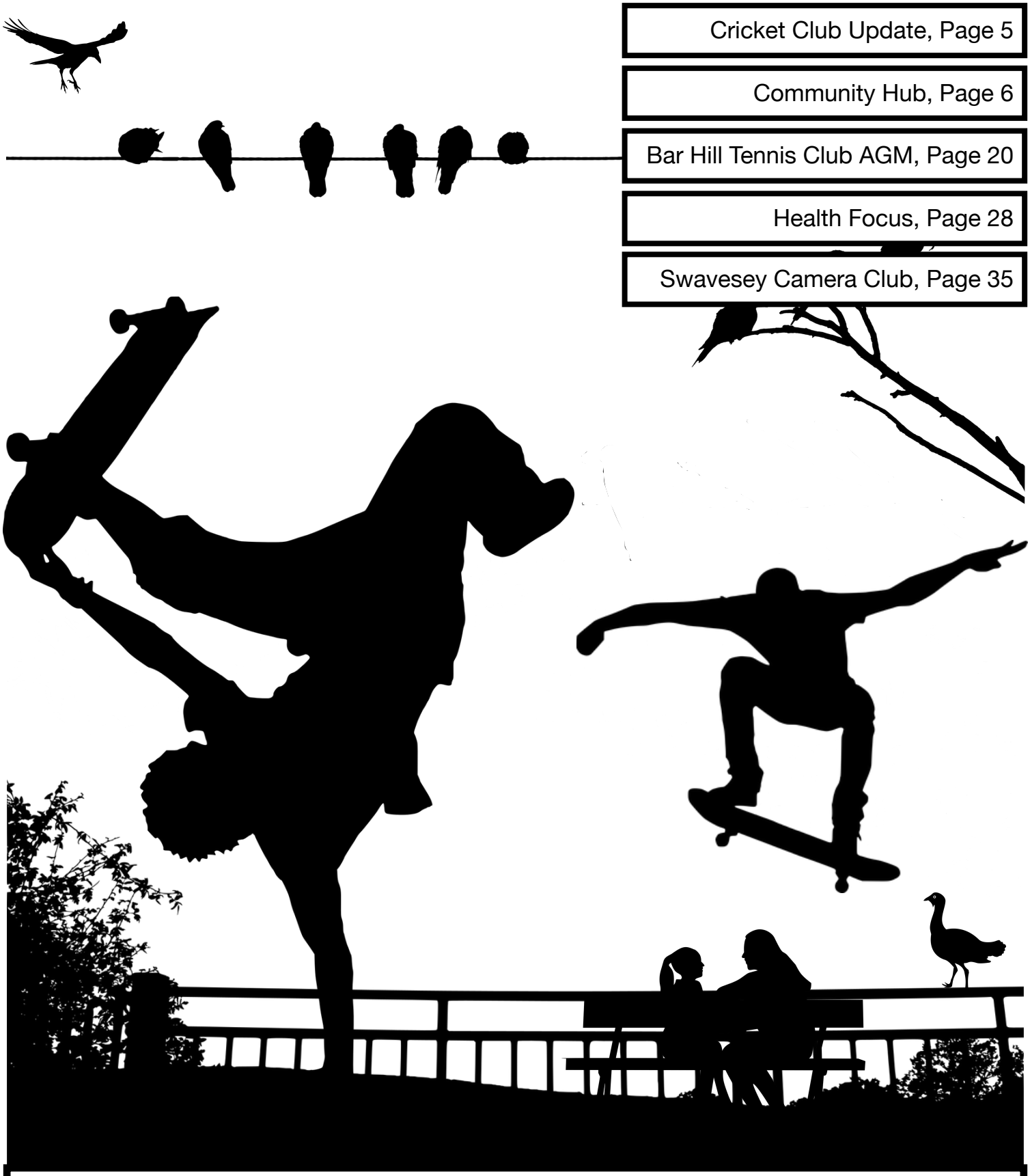

Would you like to be involved in discussions around a new Skate Park for Bar Hill? The poll for the meeting date closes on 8th March. For more information see page 4.

EDITORIAL

March 2022

We continue to roll our way through 2022 and this month the editorial team for the Bar Hill News is joined by a few new faces.

First I'd like to welcome Agnes who will be joining me as an editor from next month to put together this magazine. Next we have two new features editors who will be putting together articles; Liz Dams who has been contributing hedgehog and gardening articles for quite a while, and Bridget Wilson who will be working with the team on feature articles in coming issues. Welcome all!

This month we have a request for people to join myself and Anthony on the working party around a new Skatepark for Bar Hill (see the letters page). I look forward to seeing you there!

Are you part of a local group? Do you have any local news? We'd love to hear from you!! Please drop us an email **bhn-editor@barhillca.org** to be included in a future issue.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

Community Association 2021-22	
Chair/ Secretary	Andy Pellew
Vice Chair	Laura Chapman
Treasurer	Anne Bensted
BHN Editor	Andy Pellew, and Agnieszka Maciak,
Features Editors	Liz Dams, and Bridget Wilson
Trustees	
Bunty Waters	Jo Hall
Roger Hall	Amber Neale
Charles Mather	Kate Da Costa
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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

JOSEPH and HIS TECHNICOLOUR DREAM COAT - 20th year REUNION

On Saturday March 26th there will be a reunion of the cast and choir for the Joseph performance we did 20 years ago!

If you were involved in the original production, you would be very welcome to come and join us to sing through the songs and have a catch up. This would be the original adult cast, the children's choir (who are now all adults!), the adult choir and anyone else who was behind the scenes….We will do a morning rehearsal for the main cast and band (10.00am -12.00pm) and then everyone (children's choir, adult choir, band and cast) at 2.00-5.00pm for a sing through of the whole show.

Email Mel to let us know you are able to join us (**melaniestamp3@gmail.com**).

We hope you still have your scores…. Looking forward to seeing you all again!

Mel Stamp & Richard Lewney

Bar Hill Skatepark Meeting

Everyone is welcome to attend our first meeting, we are looking for volunteers for a Chair, Vice Chair and Secretary.

Please use the Doodle poll to pick the date(s) you are able to attend. Please go to **https://tinyurl.com/mw39vbwm** to cast your vote.

The date chosen will be the one for which the majority of residents can attend.

The Provisional meeting time and location is proposed to be at the Fox Pub - 6.30PM, for a maximum of 45 minutes.

Closing deadline for the Doodle Poll is Tuesday 8th March 2022.

Anthony Mitchell

Dear Editor

NOTICE FOR RESIDENTS RE-DEVELOPMENT OF THE AREA OPPOSITE THE FOX PUB

The area known as the old skate park, the items should be reclaimed from the site by 7th March 2022.

This area is being planned for re-development and must be cleared. The conifer trees will be removed by mid March.

Bar Hill Parish Council

Dear Editor

Do you have lived experience of being a family carer, have a learning disability, physical disability or sensory impairment?

Then local health and care champion Healthwatch Cambridgeshire would like to hear from you.

It's looking for new members for the Cambridgeshire and Peterborough Partnership Boards which work with local councils to improve health and care services.

Like to make a difference? Have a chat with Graham Lewis, Healthwatch Partnership Development Manager. Tel: **07432 865996** or email **graham.lewis@healthwatchcambspboro.co.uk**

Thank you, Graham Lewis

The deadline for submissions is 6pm on the 15th of the month. Please send submissions to **bhn-editor@barhillca.org** - the earlier the better!

Bar Hill Cricket Club

We are planning to resume youth training sessions on the village green on a date to be fixed in April – if you have any youngsters aged 8 to 14 (or thereabouts) who are interested, please contact us on the email address below and we will get back to you with details when finalised. No prior experience needed and equipment is provided.

We are also planning another quiz night at the Sports & Social Club, so put the date of Saturday April 23 in your diaries – more details in next month's Bar Hill News.

Keep an eye on our website at barhillcricket.org.uk or on our Facebook page for the latest information – and if anyone is interested in joining us (as a player or volunteer), please get in touch via the details below.

Paul Stimpson

201212 | info@barhillcricket.org

OUR LADY AND THE ENGLISH MARTYRS

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), **01223 622690**), Local: **Bunty Waters (01954 201421**)

Mass is now held in the Octagon at 6.00pm on Saturdays.

Everyone is very welcome.

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Bar Hill Community Market

Saturday 5th March

Saturday 2nd April

Saturday 7th May

10.30am - 2pm

In the Octagon CB23 8EH

Entry is Free

All profits go to Community/Charity projects

Refreshments with Soups (in March/April) and Cream teas (in May). Cakes and homemade crafts.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email - bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market

Your Community Hub

March Service Timetable - Every Monday 10 to 12 in the Octagon

7-Mar	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Health & Wellbeing
14-Mar	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Carers Cafe
21-Mar	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Health & Wellbeing
28-Mar	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	PC Surgery

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling to cope with the impact of cost of living increases, just drop by and let us help you

Citizens Advice: Whatever your enquiry, meet with our experienced Citizens Advice advisor or book an appointment by ringing **0800 088 6522** or **BarHillAdvice@gmail.com**

Listening Ear: We are happy to listen and have 2 fully qualified Mental Health First Aiders

Parish Council Surgery: Speak in person with a Parish Councillor on the 4th Monday of every month

Health & Wellbeing: On the 1st & 3rd Mondays of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Contact: **0800 088 6522** or email: **barhilladvice@gmail.com**

NEW: Carers Café: On the **2nd Monday** of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery (starting in March).

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Helping hedgehogs in March.
Hedgehogs will be waking up from hibernation and will be desperate for food and water. Now is the time to provide them with cat or dog food and fresh drinking water each night to help them prepare for breeding season. Please do not give bread or milk.

For help or advice on hedgehogs contact Liz Dams on **07912 988898** or Shepreth Hedgehog Hospital on **07505 651968**.

Out of hours Emergency line **07771 457693**.

Hedgehog Fact
Hedgehogs are famous for their prickly spines, which they have everywhere except in their face and bellies.These wonderful animals depend on their spines for defence, both while they sleep and when they face a predator.

HELP WANTED (FEB): Please could anyone give a lift into Addenbrooks and return, on a daily basis Monday to Friday.

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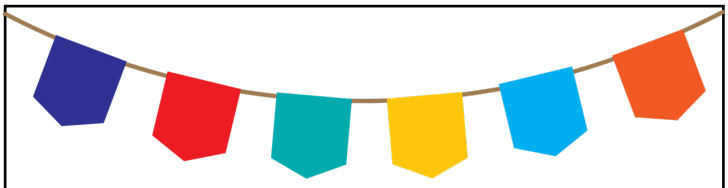

Bar Hill Fete and Festival Update

Fete and festival planning going ahead for 2nd July - lend some help, sponsor the event or book a stall by emailing **fnf@barhillca.org**.

Thank you and look forward to seeing you on the day!

FOR SALE (MAR): Square 4 wheel shopper - brand new. Please contact **07939432304**

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Bar Hill Church news

Services

Our services take place in the main church building and all are welcome. On Sunday mornings there is also a live relay into Zoom. To reduce the risk of Covid transmission we have installed carbon dioxide meters to help us gauge and adjust the level of ventilation. However, we request that the congregation should continue to wear a face mask in the building.

To attend via Zoom, please use the details below.
Meeting ID: 882 9761 3899
Password: 284740

Wed 2 March, 7:30 pm	Ash Wednesday evening service
Sun 6 March, 10:00 am	Holy Communion (Methodist)
Wed 9 March, 10:00 am	Midweek Holy Communion
Sun 13 March, 10:00 am	All-together Worship
Sun 20 March, 10:00 am	Holy Communion (Baptist)
Sun 27 March, 10:00 am	Morning Worship (Mothering Sunday)

Church Contacts

Church Office	Ian Farr	01954 206120 church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
	Website	https://barhillchurch.org.uk
	Facebook	https://facebook.com/barhillchurch

We say farewell to Rev Charles Mather who is retiring at the end of the March. During the pastoral vacancy services will be led by our own lay ministry team and various guest ministers.

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The Friends of the Rosie wish all our new mums a happy Mothering Sunday.

The Friends of the Rosie are enthusiastic volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy. We have raised so far in 2022 £123.

Upcoming Stall dates this spring

Bar Hill Community Market
10.30am to 2pm
Saturday 5th March
Selling gifts for all ages

We are featuring in online Markets via Facebook and we are selling second hand items in our rosieinstitches2010 charity store on eBay. Please email **avril@rosienstitches.org.uk** to make an appointment to view a selection in person.

If you have been tidying another cupboard, we are welcoming donations of materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers.

If you know of anyone who might be interested please contact Ann Laskey (**annlaskey@icloud.com**) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on **01223 356615** further details are given on our website **www.rosieinstitches.org.uk**.

Thank you for your continued support.

Avril Williams
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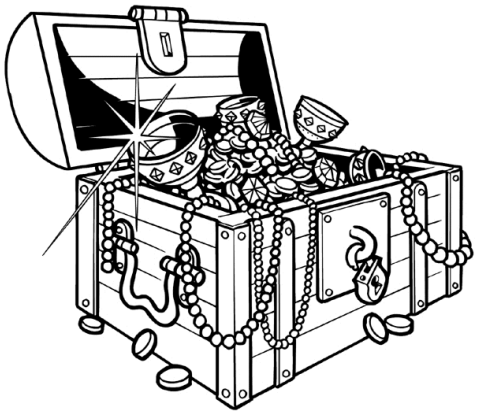

Share with your baby or toddler in singing rhymes, and meet other parents and carers.

Every Tuesday starting from 1st March 2.30 - 3pm.

Bar Hill library

CAMBRIDGESHIRE COUNTY COUNCILLOR'S REPORT

As we approach spring the hope is that Covid infections, illness and deaths will decline and the disruption to education and our lives will reduce. Although we may be losing Government-imposed restrictions this does not mean we should stop doing things we know help keep our family, friends and neighbours safe, such as mask-wearing, limiting time indoors and taking LTD tests before meeting people. We need to use common sense and continue to act cautiously until the level of infections is reduced further. Covid still has potential to cause harm and it is not done with us just yet.

Residents have been dismayed by the recent news from Stagecoach that they will 'merge' routes 5 and 6 producing a slower service and with some elements no longer provided (for example to the Crematorium). Stagecoach says they are struggling to find drivers and also passenger numbers are down. But they also said they didn't believe there would be many complaints. They are planning to get feedback in person and are arranging a meeting. Publicity for which should be forthcoming shortly.

Reports of local water contamination have caused concern. It is vital to be able to understand any potential long-term health implications of any level of exposure. I support the call for the Drinking Water Inspectorate and the County's Director of Public Health to investigate the incident and issues surrounding it, and for these bodies and Cambridge Water to make the information public. We are pushing for Cambridge Water to dramatically improve the way it keeps residents informed and updated as this has not worked well recently.

In other news, in the last fortnight the County, Fire Authority and Police have all set their budgets for next year. In very difficult circumstances the County will increase the Council Tax by 4.99% but there is help for those who are in financial difficulty. The County's budget manages to absorb and not pass on many cost increases but also does make provision for care leavers, establishing a Just Transition Fund (to support inequality and tackle the climate emergency) and increase support for biodiversity. It allows for flood resilience schemes to be extended and provides the Household Support Fund for a further year.

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, **01223 577005**

Bar Hill library

Our local library in the village has now re-opened. The opening hours are:

Monday: 10am – 5pm
Tuesday: 2pm – 5pm
Wednesday: 10am – 5pm
Thursday: Closed
Friday: 2pm – 5pm
Saturday: 9.30am – 12.30pm
Sunday: Closed

We look forward to seeing you there!

Bar Hill Scouts

Bar Hill scouts finished a busy term with a skating session at the Cambridge ice rink a first visit for some of them to this impressive facility, all the scouts went home with tired legs a few bruises and a happy smile.

During our first full term of face to face meetings the scouts have taken part in axe throwing with Comberton scouts , a night hike to learn how to navigate with map and compass, first aid basic training, a craft session of pyrography, an interesting and slightly messy night tie dying tee shirts was fun. A Saturday session to brush up on axe and saw work and fire lighting with flint and steel.

As usual team building games were played with boisterous enthusiasm as was an evening devoted to gang show skits and stunts.

It was really great to have everybody back plus some new faces up from the Cubs.Planning for next term is under way but this will have to take the current covid regulations into account.

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NEIGHBOURHOOD WATCH 1982 - 2022

Bar Hill Neighbourhood Watch

working for a safer community

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

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Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Anthony Browne MP

Keeping in touch with South Cambridgeshire

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https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

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Memorial Garden Update

On behalf of the group of volunteers who manage the Memorial Garden, I would like to thank all the individuals who help maintain the gardens. During COVID this has not been easy.

We are extremely grateful for all those who have donated money for the New Memorial Garden Seat. The new seat will hopefully be in position by the Spring depending on suppliers. There is still time to offer a donation, should you wish to do so details are as follows:- cheques made payable to the "Bar Hill Memorial Garden Account" or cash can be posted at 7 Acorn Avenue, or alternatively a donation can be paid directly into the Cambridge Building Society Account No.1768402740.

Do you have an interest in gardening and have just a very few hours to spare? We are looking for individuals who can help us with this project. Most of us have been associated with this project since its inception and we are getting older and would like some fresh young helpers. For further information contact Chris Stannard **01954 781978**.

If a Memorial Plaque is required please contact Chris Stannard, Email:- **c.e.stannard1@gmail.com**

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If you are aged 14 or over and are interested in becoming a referee for our colts teams from under 6 - under 16 on Saturdays & Sundays then please do get in touch. Training will be provided and supported by the club.

To register your interest or for further information please contact Kate Starling by email:

kate.starling@hotmail.co.uk

CRAFTS SHED

Registered Charity No. 1192237
Member of U.K.Mens'Sheds Association

In spite of COVID we continue to meet in the Scout Hut on Tuesday, Wednesday and Thursday mornings from 0930 to 1300 approx.

Crafts Shed continues to become an increasing supportive Charity undertaking restoration projects within the Community. Work has taken place on the Park Benches in the Childrens' Playground, Seats on the Tennis Courts, a Bench for the Allotment Society. Restoration work has also been undertaken repairing items for individuals, plus restoring furniture.

We also continue to have a supply of planters, bird boxes, bug boxes, hedgehog houses, welly boot holders. Come and see for yourself. We can do specific items for individuals.

Would you like to come and join us? The age restriction is 18 upwards. Please call in and see us in the Scout Hut on the times listed above. Up to 180 hours per month are given freely by the "Shedders"

If you would like further information please contact Chris Stannard **01954 781978/07711 623425**. Email **c.e.stannard1@gmail.com** or Chris Graham **07913 013920**

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Bar Hill Tennis Club

Some of our members have been playing during the winter and our new Winter Membership has also proved popular.

Most of us however are looking forward to the new season and hopefully some summer sun. What better way to welcome the better weather than enjoying a game of tennis!

Why not come and join our Club for some fun tennis!

This year our AGM is being held at 7.30pm on Tuesday 8th March in the Bar Hill Social Club. All members and non-members interested in tennis or want to know more about the Club are invited to attend – if you would like to attend please contact Paul Chubbuck (details below).

Just a reminder for all current members that all memberships are due for renewal on 1st April and as usual the court access code will be changed from that date. For 2022–3 membership details will be available on our web site from mid March. There is an active WhatsApp group for members to share information and find playing partners.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our Club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm and Club nights start Tuesday 12th April 2022 (or earlier if the weather permits). We look forward to seeing you!

Paul Chubbuck (Secretary), **07983 435104**
info@barhilltennisclub.co.uk

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chris@chrisbikes.co.uk
01223 276004

Dispensary update

Allow 3 working days for all requests. We understand patients have been having trouble getting through to the dispensary on the telephone lines. This is due to the volume of calls, and measures are being implemented to address this.

Your GP Practice – meet the team

Your GP practice is here to ensure you get the right care from the right healthcare professional at the right time.

You might not always need to see a GP. Our nurses, pharmacists and healthcare assistants are all trained professionals who can help you to get advice or treatment sooner. Here you can find out more about our dedicated practice team:

Reception team and Care Navigators are trained to know about the care and services available to you. They'll talk to you in confidence about your health problem and book an appointment or service at the right time.

Advanced Practitioners (including nurses, paramedics and physiotherapists) have undergone additional specialist training and are able to assess, treat, diagnose, refer and prescribe medication.

Practice nurses support many long-term conditions, run clinics and health checks and can treat minor health problems and injuries.

Clinical pharmacists are experts in medicines and can help with enquiries and carry out medication reviews.

Healthcare assistants can assist with a range of clinical duties, for example, taking blood samples, blood pressure checks and ECGs under the guidance of the wider healthcare professional team.

Social prescribers work in partnership with GP practices and can help connect you to local community services and support networks.

How do GP practices work?

When you contact us you will be assessed (known as triaged) to ensure you receive the right care, from the right professional, at the right time. You might be offered a telephone or video consultation, or be seen in person by a nurse, pharmacist, GP or another member of the GP practice team. Working in this way makes sure the people with the greatest need are seen first.

What is triage?

Triage is how we find out more about the support you need. This helps us decide which health professional you should see and when, including if you need to be seen in person, via a phone consultation, via a video consultation, or if you could get help from another service, such as a community pharmacy.

Why are receptionists asking me personal questions?

Our receptionists are trained to know about the care and services available to you. Their questions are to ensure that you are seen by the right person at the right time, and all answers are kept confidential.

Willingham **01954 260230,** Longstanton **207600,** Dispensary **207602**.

District Nurse Team: **01223 726469 Option 2**

Health Visitors: **0300 029 50 50**

Out of hours cover: Ring **111**

willinghammedicalpractice.nhs.uk

Knit and Natter Group

We are delighted to announce that the "Knit and Natter Group" will be meeting again after around 18 months.

We can be found in The Octagon on a Thursday afternoon from around 1.15 p.m.

This group is well established in the Village having started in September 1997 in Joan Smart's house with around 6 people.

We have grown since then and welcome around 40 ladies each week. The purpose of the group is to provide friendship and a regular social event and knitting projects for the Knitters to work on. (Our afternoon is punctuated by tea and cake!) Most of the knitting is given to charities who need baby's clothes and blankets.(However, you do not have to knit to belong to the group.)

We have provided plenty of baby hats for the new born babies at The Rosie Hospital in colours(red, amber and green) to indicate whether they need extra attention. We have sent sets of baby clothes to a Children's orphanage in Sachi Bondu in Africa and many, many blankets to Care Homes, and provided hand knitted hats, scarves and gloves for Christmas in poorer European countries, among many other things.

We are always happy to welcome new people into this friendly group which has proved valuable to many people living alone and/or newly moved into the village.

Interested ? Give me a ring and I can give you some more information. Contact me on **780260**. Sue Kenchington

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WiFi.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please visit our web site **barhillvillagehall.com** and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH

01954 780456 - clerk@barhillpc.org.uk, Chairperson: bunty.waters@barhillpc.org.uk

Parish Council Elections

Would you like to be a Parish Councillor? Now is a good time to consider this as there will be an election for the whole of the Parish Council on 5 May 2022.

The election will be formally announced on 28 March 2022. Potential candidates must submit their nomination papers during the nomination period which is 28 March to 5 April 2022. Nominations must be delivered **by hand** to the Returning Officer at South Cambridgeshire District Council (Cambourne Business Park, CB23 6EA). In accordance with the statutory timetable, the Returning Officer will stop taking nominations at 4.00pm on 5 April 2022.

More information can be found on the SCDC website: https://www.scambs.gov.uk/your-council-and-democracy/elections/elections-2022/

This page has guidance on the process and dates etc and it also has a direct link to the Electoral Commission website where more in depth guidance can be found.

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); http://bit.ly/bh-dogfouling

Environmental Crime (South Cambs DC); http://bit.ly/bh-envirocrime

Damaged Street Nameplate (South Cambs DC); http://bit.ly/bh-streetnameplate

Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); http://bit.ly/bh-highwaysfault

Report a non-urgent Crime (Police); http://bit.ly/bh-reportcrime

Winter tree maintenance program

This month you will continue to see our contractors working on the many trees and green areas around the village. This maintenance work is carried out at times to avoid disturbing nesting birds and wildlife in the spring and summer. Unfortunately, every year some of these trees have to be cut back hard or felled to maintain the health of the trees, and for safety and insurance reasons.

The Queen's Green Canopy

The Parish Council is planning to plant some larger specimen trees at a location to be decided in commemoration of Her Majesty the Queen's Platinum jubilee. A plaque will be placed close to the trees and the trees will be registered as a part of the Queen's Green Canopy campaign. More information can be found at https://queensgreencanopy.org/

Dog Fouling

Dog owners are respectfully requested to be considerate to others by ensuring that they pick up after their pet and take it home or dispose of it in one of the dog waste bins dotted around the village and on the perimeter road.

Residents may report incidents of dog fouling to South Cambs District Council which has enforcement powers (see Useful Links).

Lost property

The Council has a range of lost property. If you have lost something in the village over the last few years please get in touch by email with a description.

We will be looking to dispose of any unclaimed items in May.

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Health Focus

Last month we explained what is blood pressure and how you can measure and reduce it. This week we will share with you what can cause an increase of high blood pressure. These factors are important for you to understand so you can aim to reduce your risk.

Below is a list of risk factors that are proven to lead to higher blood pressure- some you are unable to change and others that are in your control.

- being overweight
- eat too much salt and do not eat enough fruit and vegetables
- do not do enough exercise
- drink too much alcohol or coffee (or other caffeine-based drinks)
- smoke
- do not get much sleep or have disturbed sleep
- are over 65
- have a relative with high blood pressure
- are of black African or black Caribbean descent
- live in a deprived area

Making healthy lifestyle changes can sometimes help reduce your chances of getting high blood pressure and help lower your blood pressure if it's already high. Last month we shared a list of things you can do to reduce blood pressure.

In about 1 in 20 cases, high blood pressure happens as the result of an underlying health condition or taking a certain medicine.

Health conditions that can cause high blood pressure and important to monitor and reduce include:

- kidney disease
- diabetes
- long-term kidney infections
- obstructive sleep apnoea – where the walls of the throat relax and narrow during sleep, interrupting normal breathing
- glomerulonephritis – damage to the tiny filters inside the kidneys
- narrowing of the arteries supplying the kidneys
- hormone problems – such as an underactive thyroid, an overactive thyroid, Cushing's syndrome, acromegaly, increased levels of the hormone aldosterone (hyperaldosteronism), and phaeochromocytoma
- lupus – a condition in which the immune system attacks parts of the body, such as the skin, joints and organs
- scleroderma – a condition that causes thickened skin, and sometimes problems with organs and blood vessels

Medicines that can increase your blood pressure include:

- the contraceptive pill
- steroids
- non-steroidal anti-inflammatory drugs (NSAIDs) – such as ibuprofen and naproxen
- some pharmacy cough and cold remedies
- some herbal remedies – particularly those containing liquorice
- some recreational drugs – such as cocaine and amphetamines
- some selective serotonin-noradrenaline reuptake inhibitor (SSNRI) antidepressants – such as venlafaxine

In these cases, your blood pressure may return to normal once you stop taking the medicine or drug. Please share your blood pressure readings with the surgery if requested to do so.

Catherine Trippier, Maple Surgery

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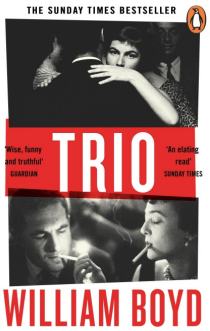
Bar Hill Ladies Book Club
Meeting Monthly

Next meeting : Monday 15th March – Trio by William Boyd.



Bar Hill Sports & Social Club at 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

Please email **sheilafarrar@hotmail.co.uk** or call/text **07920558319**.

HAPPY HOURS - March 2022

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/ coffee and cakes, getting together with friends, fun and games.

All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up in March:

4th March: St David's Day Welsh Theme

11th March: Bingo and a Quiz

18th March: St Patrick's Day Irish Theme

25th March: Celebrating Mother's Day

1st April: Celebrating April Fools Day

If you give us a try and decide that it's for you, you will also need to join the BHSSC.

Anne Plumb

Tel: **01954 789364**, email: **anne@rwp10.plus.com**

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop a more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction on how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

Bar Hill Pre-School

In February we have been making the most of the outdoors and exploring the local village, talking about familiar routes we take with our families. We have started visiting local places starting with the library selecting some books to take back to the setting. The park has been the focus of our exercise activities when out of the setting.

We have had a role play area based on the superhero theme. We have made some pasta and popcorn. We then used the pasta and popcorn as part of the sensory play.

Next month we will focus on our favourite stories as we celebrate world book day.

Are you interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website **www.barhillpreschool.co.uk** for an enrolment form.

THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have been in the services to join.

This year we will be meeting on the following dates:

26-MAY: This will be social event and the venue will be announced later

22-SEP: 7.30pm in The Meeting room of the Octagon

27-OCT: AGM to be held at 7.30pm in the Meeting room of the Octagon

24-NOV: Christmas Event, time and place to be announced

We will hopefully be able to do the Poppy Collection as usual in Tesco during November.

For further information please contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657** or just come along to the February meeting.

We would like to say a big thank you to all those who helped and donated to the Poppy Appeal in November last year. We raised over £10,000.

ROYAL BRITISH LEGION

WE DISCOVER, WE GROW
Girlguiding
Bar Hill District

Girlguiding in Bar Hill

Girlguiding is the largest organisation for girls in the UK. Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community. All sections go on sleepovers and residential holidays, doing canoeing, rock climbing and other adventurous activities.

In Bar Hill we have Guiding groups at all levels, who all follow a similar programme of 6 themes: Know Myself, Express Myself, Be Well, Have Adventures, Take Action and Skills For My Future.

Rainbows (5-7 years old): Rainbows learn by doing – do sports, arts and crafts and play games.

Brownies (7-10 years old): Brownies is all about trying new things where the girls learn about themselves, their community and their world.

Guides (10-14 years old): Guides have a programme which is designed to inspire and challenge girls.

If your daughter is interested in joining or you are interested in volunteering please go to **https://bit.ly/3KevSft**.

If you are an adult interesting in volunteering with Girlguiding please go to: **https://bit.ly/3nvCSeh**.

Alternatively, please email Di Gunton, Bar Hill District Commissioner: **di.gunton@outlook.com**

Maple Surgery News

Prescriptions
Please be aware that we do not accept prescription requests over the telephone. Requests need to be made in writing. The reason for this is safety. Our reception team are not clinically trained and this can lead to errors and discrepancies between what the patient has requested and what is issued. Prescription requests can be made via email, the NHS app, our online service or by posting your prescription request into the box at the front of the surgery.

Carers' Cafe
The Next Carers' café will take place on 14th March at the Community hub. These cafes are open to all carers within the Bar Hill Community. Our social prescriber, Pekka, will be attending along with one of nurses, Fiona and myself so please do come along for a chat and a cuppa!

Covid 4th Booster Vaccination
People aged 16 and over who are severely immunosuppressed and were given a 3rd primary vaccine dose are now eligible for a 4th booster vaccination. This needs to be at least three months on from their third dose. This group includes people having treatment for conditions such as cancer or those with long-term chronic conditions where their condition puts them at greater risk if they were to get COVID.

Patients are being contacted by the NHS to let them know they are eligible and asked to contact their GP for a letter to take to a walk-in centre for their booster dose. Do let us know if you require a letter and we can get one printed for you.

MKGP PLUS

Bar Hill Sports and Social Club
Happy new year everyone, hope you all had a lovely break.

Its that time of year again when membership needs renewing or if you are looking to become a member;

membershipmojo.co.uk/barhillssc

The new menu launched in November is a huge success and we will continue to have 25% off every Wednesday from 6-9pm.

Any venue queries should be sent to **bhssc.stewards@btconnect.com** or **01954 781881** ask for Helene

Any admin/membership queries should be sent to **bhssc.secretary@outlook.com**

Our website is **www.barhillssc.co.uk**

If you need anything else just give me a shout!

Bar Hill Sports & Social Club
Our latest list of entertainment;

5th March- Greek food night - £12.50 per person book at the bar

27th March – Mother's day afternoon tea and live jazz band 3-5pm

9th April – Drag bingo, in the village hall from 8pm tickets available at the bar

If you'd like any more information please email **bhssc.stewards@btconnect.com** or view our events page on our website **www.barhillssc.co.uk**

City & Guilds Qualified

APPLETREES PLUMBING & HEATING

Gas Safe Register
Number 564278

All types of domestic plumbing, heating, renewable energy and gas work undertaken including:

Boiler Installation and Servicing
Radiator Installation and Moving

Heating System Updating and Installation
Heating System Cleaning and Power Flushing
Inspection and Certification
Renewable Energy Specialists

Bathroom Installation
Appliance Installation

Tap repairs
Toilet repairs
Install & repair water storage tanks
Underfloor heating

City and Guilds Qualified and Gas Safe Registered

Local Plumbing and Heating Engineer

Office Number – 01353 741236

Email – info@appletrees .plumbing

Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet every two weeks in members' homes discussing a variety of topics.

NWR CONNECTING WOMEN

MAR-03: Life changing events - what event changed/shaped your life

MAR-17: Guess the year

MAR-31: 100 years of the BBC

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Ash Croft Veterinary Surgery

Consultations by Appointment Only
In an emergency please telephone ahead

HARDWICK
169 St Neots Road, Hardwick
Cambridgeshire, CB23 7QJ
Tel: 01954 210250

PAPWORTH
Pendrill Court, Ermine Street North
Papworth Everard, Cambridgeshire, CB23 3UY
Tel: 01480 831615

www.ashcroftvet.co.uk

Out of Hours Tel: 0845 500 4247

YOUR COUNCIL TAX

Register to receive your Council Tax bill online. This means you will receive your bill as soon as it's ready, rather than waiting for it in the post. It also saves paper and taxpayers' money.
scambs.gov.uk/your-council-tax

Around 40% of our annual budget is funded from local Council Tax. The rest comes from other sources, including Business Rates and grants. A £5 per year increase in our portion of Council Tax for the average band D home was agreed, to ensure essential frontline services continue to be delivered effectively and action can keep being taken to tackle climate change in South Cambridgeshire. The majority of Council Tax South Cambs collect is passed to Cambridgeshire County Council, Cambridgeshire Police, Cambridgeshire Fire and Rescue Service and parish or town councils

BUSINESS GRANTS

Since the start of the pandemic, the distribution of around £45 million in Government support grants to over 5,000 South Cambridgeshire businesses

ARE YOU AWARE OF 'PREVENT'

PREVENT is part of the Government's counter-terrorism strategy, previously managed by the Police but now managed by the Council. We work with police and health partners to prevent terrorism and safeguard people at risk of becoming radicalised. In the coming months we will be raising awareness in our communities, to help people spot the signs of radicalisation, and know what to do. In the meantime, find out more from 'ACT early', or on our website. **www.actearly.uk scambs.gov.uk/PREVENT**

CAMBRIDGESHIRE COUNTY DAY

The first Cambridgeshire County Day takes place on Thursday 23 June at the July Course, Newmarket. It will celebrate the best of Cambridgeshire, to inspire future generations to be the best they can be, while also showcasing key achievements in Cambridgeshire during the 70 years of Her Majesty The Queen's reign. Find out more on the Cambridgeshire County Day website.
www.cambridgeshirecountyday.org

BIN LORRY CREWS

Having our bins emptied each week is something we all appreciate, and it wouldn't be possible without our team of 77 loaders and 53 drivers. They empty around 190,000 bins each week from 127,000 households within South Cambridgeshire and Cambridge City, and one crew can empty as many as 1,400 bins in one day! The bin lorries are also put through their paces – each of the 47 vehicles are driven around 300 miles each week and can carry a maximum of 15 tonnes (the weight of three elephants). The job can be quite physical, walking up to 12 miles each day, but this is one aspect of the job that one refuse loader, says he enjoys: "Being outside and able to keep fit by all the walking, moving the bins and getting in and out of the truck is a bonus when being at work as it saves going to the gym."

If you like the sound of a job that gets you out and about, with an early start and early finish, and good opportunities for progression, take a look at our current vacancies online. **scambs.gov.uk/jobs**

Welcome & please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com 01954 201421/07734 690580**

Swavesey Camera Club

One of the leading clubs in East Anglia

Photographic Exhibition

Saturday 2nd April 2022

From 10 am to 4 pm at Swavesey Memorial Hall

After our absence in the Memorial Hall last year Swavesey Camera Club are back in April for their 2022 Photographic Exhibition. This event is one of our major opportunities to demonstrate our photographic skills to the public. Visit us and vote for your favourite image. In addition to the beautiful prints on display there will be a continuous display of projected images and AV presentations. Some of the images will be available as greetings cards with all the proceeds from the card sales going to Arthur Rank Hospice Charity. Coffee, cake and other refreshments should also be available.

Visit our website **swaveseycameraclub.co.uk** where you can find further details of the exhibition. On the website between 2 and 16 April 2022 you will also be able to see an online version of the exhibition.

Each year we also host an Open Photographic Competition within our Annual Exhibition. Our aim is to encourage photography amongst everyone in the local community. The Competition is open to any non-professional photographers and can be on any subject (but no selfies). Prizes will be awarded in three categories: junior school age, senior school age and adults.

"Abandoned" by Eleni Paliginis

BAR HILL SMALL BUSINESS & CRAFT FAIR

Sunday 13th March
11-2pm

Bar Hill Village Hall, The Spinney, CB23 8SU

COME ALONG AND SUPPORT SMALL LOCAL BUSINESSES & FUNDRAISING FOR OUR LOCAL PRE-SCHOOL

Stalls include -
ChocolateShells - Bread, pastries & handmade chocolates
BettyLouiseandBaby - Children's hair accessories
PrettyLittleDesigns - Bespoke gifts & decorations
Handcrafted by Wendy - Handcrafted jewellery
Pupperoos - Bespoke pet accessories
CraftySewandSo - Personalised baby items & embroidery gifts
Handmade wooden planters, resin gifts, glass painting, & more!
Refreshments & facepainting
& more!

CITIZENS' ADVICE

citizens advice

Got questions, something worrying you?

Benefits - Work - Debt & Money - Consumer - Housing - Family - Law - Immigration

Drop-in session at the Octagon on Monday's (10 - 12 pm) as part of the Community Hub.

Book an appointment; Free phone **0800 088 6522** or email **barhilladvice@gmail.com**

PRIME BRASS

in concert

Bar Hill Church

Sunday 27 March 7:00 pm - 9:30 pm

Tickets £7 (family £15) In aid of church funds

light refreshments served in the interval

to reserve tickets use the QR code below

(pay on the door)

This will be Rev. Charles Mather's last function with us before his annual leave and retirement.

PRODUCED FOR YOU BY OUR GUEST CHEF

GREEK NIGHT

CHICKEN SOUVLAKI
SKEWERED BREAST OF CHICKEN MARINATED IN GARLIC, LEMON, ROSEMARY, PAPRIKA, OREGANO & VIRGIN OLIVE OIL

VEGETARIAN SOUVLAKI
SKEWERED MEDITERRANEAN VEGETABLES & HALLOUMI MARINATED IN GARLIC, LEMON, ROSEMARY, PAPRIKA, OREGANO & VIRGIN OLIVE OIL

ACCOMPANIED BY A FRESH
GREEK SALAD
VINE TOMATOES, CUCUMBER, RED ONION, KALAMATA OLIVES, OREGANO, FETA CHEESE & OLIVE OIL

FINISHED OFF WITH
PISTACHIO & WALNUT BAKLAVA
WITH HONEY & CINNAMON CREAM

£12.50 PER PERSON
TICKETS AVAIABLE AT THE BAR

SATURDAY 5TH MARCH